

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

A Week of Fish and Potatoes With a St. Patrick's Day Party



By Virginia Carter Lee

BOTH fish and potatoes are edible so particularly adapted to the planning of the Lenten menus that the meals for the coming week have been arranged with these foods used with variety.

It has been said that potatoes may be prepared in over two hundred different ways, and as the various kinds of fish and shellfish lend themselves to even a greater number of dishes, there need be no monotony in a fish and potato ration.

Buying and Handling

Just at this season the careful home caterer should use the new Southern potatoes for "plain boiled" and the older ones for recipes calling for the introduction of sauces, or when they are to be mashed or baked. Always cook the new potatoes with the skins on, first peeling a small ring around the center, and cook in boiling salted water. Old potatoes should be thinly pared and soaked in cold water and then treated as new potatoes.

When sprouts appear on potatoes (as they are apt to do now) rub them off immediately. The starch of the tuber is their food—the potato being a storehouse of starch for the nurture of the sprouts.

Always drain off the water from potatoes the moment they are cooked, then sprinkle with salt, cover with a folded towel and let stand in a warm place for three or four minutes. The result will be mealy, dry potatoes under all circumstances.

The first requisite with fish is freshness, and as soon as it arrives from market wash quickly in cold water, removing every particle of blood; dry and place as near the ice as possible. In drying all fish, including oysters, soft paper toweling is recommended. It not only does the work thoroughly and well, but there is no "fishy" cloth to boil out and wash afterward.

Meat is used for only three of the

dinners during the week and the cheaper cuts have been utilized. This helps to equalize the expense of indulging in shad, shad roe, mushrooms and kindred delicacies. It is better economy when purchasing a roe shad to use the roe for a subsequent breakfast or luncheon, as the fish is generally of sufficient size to provide a delicious meal by itself.

The Market List

Supplies for the week will include at the butcher's two ounces of smoked beef at 4 cents an ounce, one pound of stewing lamb for 28 cents, half a pound of bacon at 48 cents a pound, one pound of stewing veal for 25 cents, two veal kidneys at 12 cents each, one pound of chopped beef for 40 cents, one pound of salt pork for 35 cents and three-quarters of a pound of sausage meat at 40 cents a pound.

At the fish market, one roe shad (about three pounds and a half), \$1.20, a third of a pound of smoked herring for 10 cents, one pint of stewing clams for 30 cents, one pound and a half of smelts at 35 cents a pound, one can of shrimps for 40 cents, one dozen oysters for 25 cents, half a pound of salt cod for 15 cents and a pint of scallops for 40 cents.

Marketing for four persons should run at the following approximate figures (estimate does not include milk to be used as a beverage):

Butcher's bill	\$2.24
Fish bill	3.33
Dairy products	4.37
Fruits	3.32
Vegetables	3.50
Groceries	7.24

Total\$24.00

Cooking Suggestions

To prepare the smoked beef and potato hash use one and one-half cupsful of chopped cooked potatoes, one chopped hard boiled egg

and three tablespoonsful of shredded smoked beef soaked for ten minutes in tomato catsup to cover. Add the catsup with the meat and season with a quarter of a teaspoonful of paprika, salt if needed, one-quarter of a minced onion and a tablespoonful of chopped parsley. Turn all into a hot frying pan holding two tablespoonsful of melted bacon dripping, stir for a couple minutes and brown on the under side. Serve inverted on a hot platter.

For the baked tomatoes with shrimps, prepare a mixture of seasoned creamed shrimps. Scoop out the centers from medium-sized fresh tomatoes, sprinkle with salt and pa-

prika and fit into oiled individual baking dishes. Fill with the fish mixture, cover the top with buttered bread crumbs and bake in a hot oven for twenty-five minutes.

The browned salt cod on potato scones is a particularly good dish and rather novel. For the scones rub into a cupful of flour that has been sifted with a teaspoonful and a half of baking powder and half a teaspoonful of salt, half a cupful of mashed potatoes and a tablespoonful of shortening. Moisten to a soft dough with cold milk, cut in triangles, after rolling out, and bake on a greased griddle. Split open, spread with softened butter and pour over them the following: Pre-

pare a highly seasoned cupful of brown sauce and add one chopped hard boiled egg, one tablespoonful of chopped parsley, one tablespoonful of Worcestershire sauce and one-half pound flaked salt cod. Stand over hot water for fifteen minutes. Use no salt in making the sauce.

Unusual Recipes for Using Everyday Fish and Potatoes

THESE recipes are only seven out of possible hundreds, but they will serve to stimulate the imagination, which may balk when confronted by fish and potatoes, and to suggest new fields to conquer, as well as furnishing appropriate and economical foods for this week of Lent.

Baked Shad With Grape Juice

Wash and wipe the fish and fill with a stuffing made from two cupsful of grated bread crumbs, two tablespoonsful of melted bacon fat, one tablespoonful of chopped parsley, half a cupful of chopped sautéed mushroom, salt and paprika to taste, the juice of a quarter of a lemon and half a teaspoonful of powdered sweet herbs. Sew up the fish, lay on a buttered baking sheet and place in a pan. Bake about one hour, basting with a little bacon dripping mixed with boiling water. For the sauce strain the liquor in the pan, reheat with two tablespoonsful of mushroom catsup and add one tablespoonful of Worcestershire sauce, one cupful of grape juice, one teaspoonful of lemon juice and a little browned flour mixed with cold water. Stir constantly until the sauce boils and is smooth.

Raw Potato Fritters

Grate one-half pound of peeled raw potatoes and add half a minced white onion, half a teaspoonful of salt, a quarter of a teaspoonful each of celery salt and paprika, one lightly beaten egg, two tablespoonsful of cold milk and sufficient flour mixed with one teaspoonful of baking powder to form a drop batter. Drop by the spoonful into deep, hot fat and fry like crullers. Drain on brown paper before serving.

Savory Clams

Clean a pint of clams and separate the hard and soft parts. Chop the former very finely, add to two tablespoonsful of heated oil and cook, stirring constantly, for three minutes. Stir in two tablespoonsful of flour and add slowly one cupful of milk, one-quarter of a teaspoonful of salt and the same of paprika. When the sauce is smooth add the

soft part of the clams and turn into buttered scallop dishes. Sprinkle with a third of a cupful of finely minced celery, dust with buttered crumbs and lay over each a thin slice of bacon. Bake twenty minutes in a hot oven.

Potato Stew With Cheese

This is sufficiently hearty for the main dish of a meal. Cut two ounces of salt pork into dice and fry until browned, then add half a cupful of chopped onions, two ounces of diced celery and cook until softened. Turn all into a kettle and add five peeled and sliced potatoes, two quarts of water, salt and paprika to taste and a bay leaf. Simmer slowly for forty minutes, take out the bay leaf and add a cupful of milk and a tablespoonful and a half of flour, blended with a little cold water. Let boil again, add two tablespoonsful of tomato catsup and a tablespoonful of chopped parsley. Serve with a couple of spoonfuls of grated cheese sprinkled over each serving.

Potato Chocolate Cake

Cream a third of a cupful of butter (or other shortening) with half a cupful of sugar. Beat the yolks of two eggs until lemon colored, add another half cupful of sugar and combine the two mixtures. Next add half a cupful of hot mashed potatoes, one ounce of melted, unsweetened chocolate, one-quarter of a cupful of milk, half a teaspoonful each of ground cinnamon and mace, one cupful of flour sifted with one and three-quarters teaspoonfuls of baking powder, the stiffly whipped egg whites and half a cupful of chopped walnut meats. Bake in a loaf in a slow oven. Frost when cold with boiled frosting. This makes a rich, moist cake.

Deviled Scallops

Wash and drain thoroughly one pint of scallops; dip in melted bacon fat and then in seasoned flour. Turn carefully into an oiled baking dish and add sufficient thick tomato sauce to nearly cover (about one cupful). Add a few drops of lemon juice, a tablespoonful of chopped parsley and a quarter of a teaspoonful of kitchen bouquet. Cover over the top with crushed

dried bread crumbs, dot with bits of butter and bake about twenty-five minutes.

Baked Stuffed Smelts

Remove the tails and heads from twelve large smelts and take out the backbones. Wash, dry, dredge with salt and paprika and stuff with a dressing made from a small cupful of bread crumbs, salt and paprika to taste, two tablespoonsful of lemon juice, one tablespoonful of Worcestershire sauce, three tablespoonsful of melted oil, half a teaspoonful of grated onion and two tablespoonsful of finely minced celery tops. Place in an oiled pan, bake for eight minutes, closely covered, then uncover and dust with buttered crumbs. Bake until well browned and serve, garnished with lemon points and crisp cress.

An Appropriate Menu for a St. Patrick's Day Dinner

THE following menu will be found suitable for either a luncheon or supper party that the hostess may be planning, wherewith to celebrate the day of the patron saint of Ireland, and, as the colors of yellow and green are particularly appropriate to the early spring season, the table may be adorned with tulips, jonquils or daffodils interspersed with pussy willows and feathery greens.

ST. PATRICK PARTY MENU

"Sarpint" Soup Shillalahs
Celery Blarney Stones Salted Nuts
Broiled Pork Tenderloins
O'Brien Potatoes Green Peas
Shamrock Salad
Fruit of the Sod Erin-Go-Bragh Cake
A Cup That Cheers

The "Sarpint" soup is made from a combination of stewed oysters and eels and is most delicious. In making the shillalahs (a stout, knobbed

cane that every old-time Irishman carried) shape them from light bread dough, affixing a knob on one end; brush over with melted shortening, and when they have doubled in size bake like bread sticks in a moderate oven.

The blarney stones are large pitted olives and "the cup that cheers" is a delicious iced tea punch, blended with mint and feed ginger ale.

For the dessert course provide chocolate ice cream and have it frozen quite firm. With the aid of chilled butter paddles shape into the form of potatoes and simulate the potato eyes with bits of blanched almonds. Serve on lace paper doilies. Rightly made, these cannot be told from the vegetable, and they may be prepared at a fraction of the cost of cream in fancy forms, ordered from a caterer.

The following recipes belong dis-

tinctively to March the seventeenth:

"Sarpint" Soup

Skin and clean two eels, weighing a pound apiece, extracting all the fat from the inside. Cut into pieces about an inch square and put in a kettle with two quarts of water, a slice of minced onion, half a bay leaf, salt and paprika to taste, a stalk of minced celery and two sprigs of minced parsley. Cover and stew slowly for about one hour and a quarter. Then strain and take out the pieces of eel. Add to the strained stock one pint of small stewing oysters with their liquor and reheat until the edges of the shellfish curl. Add one small cupful of the eel pieces, one large cupful of rich milk and thicken by the addition of a tablespoonful of flour blended with two tablespoonsful of butter. Stir constantly until the broth boils again and serve very hot.

O'Brien Potatoes

Use the small new potatoes, cook with the skins on and when boiled,

cut in half. Prepare for a pint of the cooked potatoes a large cupful of rich cream sauce, to which has been added a chopped green pepper (freed from seeds and sautéed without coloring in one tablespoonful of oil), a quarter of a minced white onion, treated in the same way, one tablespoonful of shredded parsley and salt to taste. Add the potatoes to the sauce, set over hot water to reheat and serve.

Erin-Go-Bragh Cake

Use for the ingredients six eggs, the weight of the unshelled eggs is sugar and half of their weight is sifted flour, with half a lemon, the juice and grated rind. Beat the yolks of the eggs until lemon colored, add the sugar and beat until very light. Next add the lemon juice and rind and the beaten egg whites, that have been whipped as stiff as possible. Lastly fold in the flour, sifted three times. Bake in a moderate oven and ice when cold with a pistachio frosting colored green.

Monday	Tuesday
BREAKFAST Oranges Smoked Beef and Potato Hash Buttered Toast Coffee	BREAKFAST Broiled Shad Roe with Bacon Watercress Coffee
LUNCHEON Vegetable Chowder Potato Biscuits Canned Fruit Cocoa	LUNCHEON Cheese Bread Custard Saratoga Potatoes Fruit Salad Ginger Ale
DINNER Celery Canapés Baked Shad with Grape Juice Sauce New Potatoes Green Peas Peach Meringue Tart	DINNER Tomato Soup Lamb Croquettes Asparagus Tips Potato Puffs Lettuce Salad Coffee Ice Cream

Wednesday	Thursday
BREAKFAST Loganberry Juice Dry Cereal Scrambled Eggs Raw Potato Fritters	BREAKFAST Halved Grapefruit Cooked Cereal Toasted Maple Syrup Coffee
LUNCHEON Potato and Herring Salad Rye Bread Sandwiches Hot Baked Apples With Cream	LUNCHEON Savory Clams Brown Bread Watercress Fruit Whip
DINNER Vegetable Soup Baked Tomatoes With Shrimps Creamed Potatoes Endive Salad Cake Trifle	DINNER Potato Stew with Cheese Finger Rolls Stuffed Egg and Vegetable Salad Indian Pudding with Ice Cream

Friday	Saturday
BREAKFAST Stewed Prunes with Lemon Fried Corn Meal Mush Broiled Bacon Coffee	BREAKFAST Grape Juice Browned Salt Cod on Potato Scones Heart Celery Coffee
LUNCHEON Oyster Club Sandwiches Celery Potato Chocolate Cake	LUNCHEON Cream of Potato Soup CROUTONS Spiced Apple Sauce Hermits
DINNER Fruit Cocktails Baked Stuffed Smelts Escalloped Potatoes String Beans Tomato Jelly Salad Apple Dumplings	DINNER Bouillon With Noodles Veal and Kidney Pie Baked Sweet Potatoes Orange Tapioca

Sunday
BREAKFAST Baked Apples Sausage Cakes
LUNCHEON OR SUPPER Deviled Scallops Brown Bread Sandwiches Sliced Oranges and Bananas with Grape Juice DINNER Corn Soup Hamburg Leaf Brown Mushroom Sauce Potato Croquettes Fruit Sherbet

Cookery Guideposts for June Brides



Chapter II—Breakfast Beverages May Make or Mar the Day

"TOO GOOD Coffee, Tea and Cocoa," reads the second guidepost to good cookery. Because there is no recipe for these drinks some apparently think there is nothing to know about making them. This is just where skill and technique, temperatures and quantities and general principles count the most.

Coffee is so delicious when made just right, and so many atrocities are committed in its name; tea may be wormwood or a fragrant, delicate brew, and cocoa a nondescript, stringy, half-mixed affair, or a creamy, delicious blend.

Coffee Considerations

First catch your coffee. Buy it as freshly roasted as possible or in a

tin box. The good part of coffee is volatile and age does not improve it. Find out whether you like a light roast or a medium or a heavy roast—these change the character of the drink decidedly. If you buy the coffee in the bean and grind it just before making you further increase quality.

The matter of blends and brands of coffee is shrouded in mystery—one can only tell by experiment which one is liked best. Get some coffee man to take you into his confidence and find out what "cup quality" you prefer and how to get it. It is a big question, but worth studying.

Serve coffee with real cream, whatever other economy that may involve. Otherwise drink it black,

Milk is the deadly enemy of good coffee. Fragrant, golden coffee should have a conspicuous place in all the learned treatises on "How to Hold a Husband" and the self-supporting bachelor girl certainly earns a good cup for herself. Women do not feed themselves well enough, by the way.

To get the least tannin and the most aromatic qualities filter your coffee. To make it the easiest way, requiring the least attention, percolate. (Longer contact with water below the boiling point in this method extracts more tannin than by filtering. It makes a good cup, but not the best.)

Old-fashioned boiled coffee (especially if an egg is stirred in with the

grounds) gives a full-bodied coffee of good flavor, but again extracts more tannin than the filter.

The ideal way to add strength to coffee is to use more coffee, not to boil it longer or filter it more times. Use two level tablespoonsful to the cup (measure—don't guess), and double the amount for strong after-dinner black coffee.

The principal difference between the three methods, so far as the cook's part goes, is to grind the coffee properly. For filtered coffee it should be finest (but not so fine as to "cake"—i. e., pulverized to the fineness of corn meal, not like flour); for boiled coffee, coarsely ground; for percolated coffee, about like granulated sugar.

"Fresh water, at the fullest boiling point, is the live power in coffee brewing," says Edward Aborn, an authority on coffee making. Special points of technique in the three methods follow, but the preceding considerations are fundamental to all good coffee making.

Filtered Coffee.—Keep the bag fresh and sweet by letting it stand in cold water when not in service. Do not dry it. A sour bag will ruin the coffee. Never put the coffee

through the filter more than twice; once is best. If served at once it will be hot enough, starting with actively boiling water. If you reheat do not boil, or flavor and fragrance are lost.

Percolated Coffee.—The machine does all the work after measuring. Do not let it "perk" more than ten or fifteen minutes. If more body and strength are wanted, use more coffee.

Boiled Coffee.—If you would have clear boiled coffee save your egg shells, but wash them carefully before the eggs are broken. It is the little albumen (egg white) which is left in the shell that does the clearing. Crush the shell while mixing it with coarsely ground coffee and a few spoonfuls of water. Use two level tablespoonsful of coffee to each cup of cold water. Bring this to the boil and cook for three minutes. Or use boiling water and boil for five minutes. Settle with a dash of cold water (about two tablespoonsful to each cup) to settle the coffee grounds. Set on the stove where it will keep hot, but not simmer, for ten minutes. This gives neither so healthful nor so delicious a cup as filtering, however, in the opinion of experts. Clear boiled coffee is obtainable without the egg by dashing in a quarter cupful of

cold water and being careful not to shake or jar the pot.

Tea Making

Orange Pekoe is not the only tea grown—though one might judge so from the frequency with which one hears it ordered in tearooms and at hotels. Nor is Orange Pekoe a variety of tea. It simply means the younger leaf near the end of the tea spray, and the flavor differs widely with the country where it is grown and with the altitude. The higher the altitude the higher the price and quality. Flowery Pekoe made from the end leaf and bud is the choicest, but seldom sent to our market. Orange Pekoe is the next. Black and green tea are grown on the same bush, the difference being in the curing. Most of the package teas are blends made by the distributor.

One teaspoonful of tea to each cup of freshly boiling water is the average to use. Let this steep three to five minutes, then pour off from the leaves (into another hot pot if it cannot be served at once). For longer steeping or a barbarous boiling of tea would bring out the tannin and its bitter taste.

As with coffee, use more tea if you would have it stronger. Do not let

it stand on the leaves. Have the water at a "jumping boil." Use a china pot, not a metal one.

Chocolate or Cocoa

"Food beverage" is a much abused term, but cocoa earns it. Unlike tea and coffee, whose only food value lies in the sugar and cream which is added, these beverages are both nutritious and mildly stimulating, though the latter effect is not so apparent as in coffee and tea. They contain more milk, besides being more nutritious in themselves.

The difference between chocolate and cocoa lies in the fact that about half of the cocoa butter has been removed from the latter, therefore it is not so rich, and more suitable for morning use or for children and invalids.

Breakfast Cocoa

(All measurements are level)
4 tablespoonsful cocoa.
4 teaspoonsful sugar.
½ cup boiling water.
2 cups milk (scalded).

Stir together the sugar and cocoa, then into this pour the boiling water. Cook several minutes until thick and well blended, then gradually add the scalded milk. Bring

to the boiling point and beat for two minutes with a Dover egg beater. The beating is essential, since the cocoa is only one-third soluble and when not boiled the mixture lacks body and smoothness unless beaten. It is safer to heat the milk in a double boiler, where it cannot possibly boil, if you are at the same time preparing other dishes. (Boiled milk is very constipating.)

Hot Chocolate

Six tablespoonsful cocoa or three squares of chocolate.
Four teaspoonsful sugar.
One teaspoonful cornstarch.
One cup of water.

Three cupsful scalded milk.
Mix the first four ingredients to a smooth paste and boil them, stirring constantly for about five minutes. Gradually pour in the scalded milk, bring this to the boiling point, then beat it with the egg beater for two minutes.

To boil chocolate or cocoa for ten or fifteen minutes, with or without a little cornstarch, gives body and richness, and is to be recommended for special occasions.